SONIC LIFE

Sonic Wave Vibration System

USER MANUAL

PERSONAL VH-11

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Sonic Whole Body Vibration Training Equipment

Read this manual carefully before use.

PERSONAL VH-11 User Manual Contents

Please read this manual carefully before use. Please keep this manual in a safe place.

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Package Components *Please check contents of shipping box carefully.*

If anything is damaged or missing please contact the Sonic Life service department immediately at 877-684-7245.

Control panel & handle

Body

Plate

	Back cover	
	Power cord	1EA, 2m
	Audio connection cable	Input/External Audio
	T Wrench	1 EA (6mm)
	Bolt	M8×50 4PCS M8×30 2PCS
	User manual	

Control panel/handle, body and base plate will be packaged separately

Specifications

PERSONAL VH-11

FEATURES	VH-11
PROGRAMS: 3 Automatic Modes & Manual Mode	
FREQUENCY RANGE	4~50 Hz
INTENSITY RANGE	0-99 (5 levels)
WEIGHT CAPACITY	Max 265 lbs (120 kg)
POWER SOURCE**	110-240V, 50Hz/60Hz
POWER CONSUMPTION	300 Watts Max.
DIMENSIONS	27.5"D x 23"W x 55"H
UNIT WEIGHT	99 lbs (45kg)
SONIC WAVE GENERATOR	150
MP3 AUDIO JACK	IN & OUT
ROOM TEMPERATURE	32º-104º F
HUMIDITY	0-80º
TOUGH FINISH	Metallic Powder Coat
COLOR	Yellow

** These specifications are subject to change at manufacturer's discretion without prior notice.*

Safety Guidelines– HANDLING

Follow these instructions and cautions for safe and proper operation of the unit to prevent any accidents.

Meaning of Symbols

WARNING or ATTENTION

NO Do Not Attempt

Do Not Remove

Remove Plug

Ground

Safety Guidelines– POWER

WARNING or ATTENTION

- The power plug should not be depressed on rear side of the product.
- It is recommended to use a quality Line Conditioner. A Line Conditioner protects the unit from power-related damage and performance problems. Check the Sonic Life website for preferred models. www.SonicLife.com

NO
Do Not Attempt

- Do not touch power plug with wet hands.
- Do not bend power cord excessively or place under any heavy objects.
- Do not use a damaged power cord or outlet.

WARNING or ATTENTION

- An exclusive power outlet (dedicated circuit) shall be assigned for plugging the product in. Simultaneous use of other appliances may destroy fuses or may cause a failure of the unit.
- Remove dirt and dust from power plug terminals with a dry cloth prior to use or storage.

Remove Plug

- If you see smoke or detect a burning smell coming from the unit, please stop operation immediately and remove the power plug from the electrical outlet.

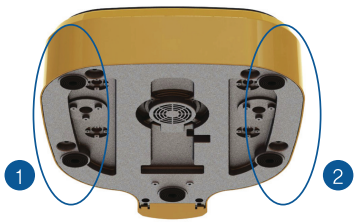
Safety Guidelines– INSTALLATION

NO
Do Not Attempt

- Do not install the equipment in wet or high humidity areas.
- Do not install the equipment in the areas where it may be exposed to water.

WARNING or ATTENTION

- Install the equipment at least 8 inches away from the wall.
- Install the equipment on a solid (not carpeted) and level floor to make sure it stays level.
- Make sure the power outlet is capable of supporting the maximum power consumption of the equipment (see specifications.)
- Use extreme care when moving the unit. ***Always use the hand holds.*** Inappropriate handling may cause injury and/or damage to the product.



To move the product, please lift and hold the product by using the Hand Hold Grips under the plate *(1 & 2 in the photo).*

Never push the base as feet will become dislodged causing the unit to become unlevel.

Safety Guidelines– OPERATION

WARNING or ATTENTION

- Press the **START** button after you are standing with feet shoulder width apart and posture erect. Abrupt operation with poor posture may cause harm.
- Never step off the unit while in motion as it may cause injury. Press the **STOP** button, wait for the unit to stop completely, then dismount.
- Do not jump or play on the platform while in operation as it may cause injury to the user and/or damage to the unit.
- When the elderly, the disabled or children use the product they need to be accompanied by a guardian for safety.

Do Not Remove

- Do not repair or modify the product in any way to avoid any consequential damage or malfunction of the product. Contact the Sonic Life Service department for any Sonic Life mechanical/electronic function questions please call: **877-684-7245.**

Safety Guidelines– MAINTENANCE/STORAGE

NO
Do Not Attempt

- Do not place any flammable material near the product.
- Unplug the power plug from the outlet before cleaning.
- Do not spray water directly on the unit. Do not use benzene, thinner or bleach to clean the product as it may damage the finish and/or the electronics.

WARNING or ATTENTION

- To clean the control panel, please wipe it off with dry cloth. Do not use water directly on the control panel to avoid damage to the electronics.
- To clean the product surface, please use appropriate cleanser suitable for the product material. Do not spray the cleaner directly on the machine.
- Clean the product before long term storage.

Principle of Sonic (Sound) Wave Operation

Sonic wave vibrations are generated using newly developed technology that utilizes sonic speaker mechanisms instead of rotating motors. This sonic energy is delivered to the human body, stimulating muscle fibers (myocytes) in a manner stronger than the earth's gravity. It exercises muscle fibers to repeat fast and strong contraction and relaxation actions, which strengthens the body faster than traditional muscle training programs.*†

Beneficial Effects & Applications

GENERAL TRAINING

Helps Improve Body Balance and Health*†

The Sonic Life Vibration Equipment are very effective and efficient exercise products for those who can not exercise due to physical problems or disabilities as well for trained athletes. In only 10 minute sessions, and in a floor space of only 3 feet square, users can successfully exercise easily and quickly without stress to bones, ligaments and muscles. The user experiences the effect of regular aerobic exercises by just standing on the unit.*†

SPECIAL TRAINING

Increase Muscle Strength and Endurance*†

Sonic Life exercise increases strength and stamina by stimulating fast twitch muscle fibers. For athletes who need high power in a short time, as in running, jumping, and throwing, it is very critical to maintain the weight and performance of fast twitch muscle fiber. The Sonic vibrations also help improve muscular endurance by stimulating HGH, human growth hormone, secretion to improve performance of slow twitch muscle fibers.*†

Safe, Efficient Effect of Sonic Waves*†

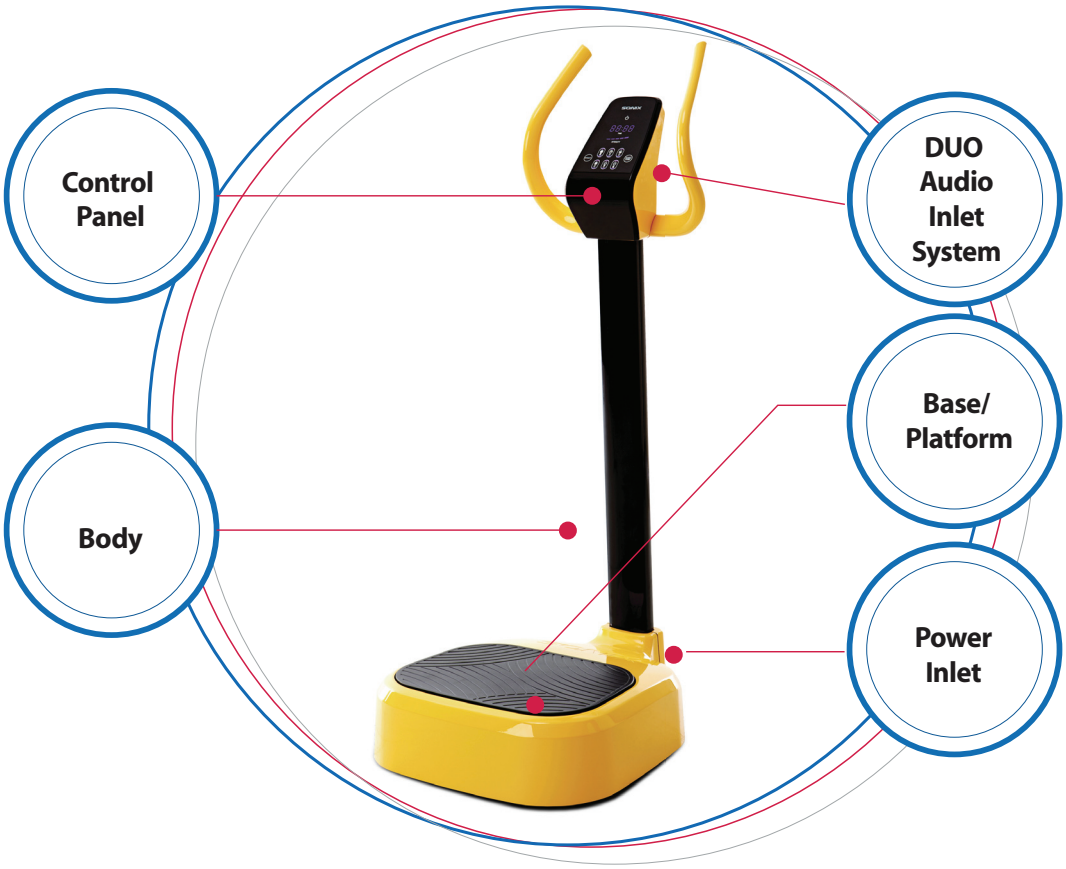
Sonic waves exercise and stretch tendons and ligaments which are hard to exercise with traditional exercise. Sonic waves exercises not only the large muscles of the human body but also small muscles such as facial muscles and pelvic muscles which traditional exercise cannot effectively affect.*†

Using whole body sonic vibration exercise, combined with standard power training:

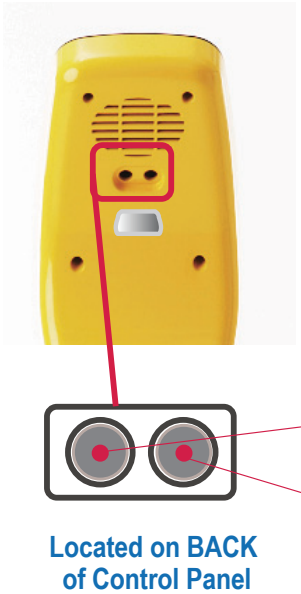
- **Increases maximum muscle strength*†**
- **Reduces required training period*†**
- **Reduces training sessions. *†**

Contrary to usual muscle training like weight lifting, sonic vibration exercise does not cause any overload to joint, tendon, or ligament; in other words, it does not cause any risk of injury.*†

Components of the PERSONAL VH-11



MP3/PC DUO Audio System



Located on BACK of Control Panel

"Feel the Music!" With your MP3 Player or Computer!

Sonic Life equipment features the DUO (dual mode operation) technology which allows the user to "feel the music" as well as the vibration at the same time!

Simply connect the external source from your MP3 Player or Computer into the audio input jack.

❷ **INPUT Jack** External sound sources are to be plugged into the jack.

❸ **OUTPUT Jack** Headset or earphones are connected into this jack.

PERSONAL VH-11 Control Panel & Display

1. POWER Button/Display
2. MODE Display
3. INTENSITY Display
4. TIME Display Bars
   Each bar which is lit-up represents 2 minutes of remaining program time.
5. MODE SELECTION Button
6. FREQUENCY Display
   Frequency range of 4 - 50Hz is displayed.
7. MANUAL CONTROL Button: Selected program or manual mode is displayed
8. START/STOP Button
9. AUTO PROGRAM Button

Buttons & Displays

1. **POWER Button/Display** Press Power Button to check control panel (You will hear ringing sound when it turns on). When not in use for 20 minutes it will change to Standby Mode.
2. **MODE Display** Shows either **AUTO** or **MANUAL** mode.
3. **INTENSITY Display** Level of intensity is displayed in the range of 5 steps from the lowest intensity of L1 to the highest intensity of L5: **L1, L2, L3, L4** and **L5**.
4. **TIME Display Bars** Each lit-up bar represents 2 minutes of remaining time of the selected program.
5. **MODE SELECTION Button** Select either **AUTO MODE** or **MANUAL MODE.**
6. **FREQUENCY Display** In Manual mode, the frequency (Hz) can be selected from **4hz ~ 50hz**.
7. **MANUAL CONTROL Button** TIME, INTENSITY and FREQUENCY can be selected.
8. **START / STOP Button** Press this button once to **START** unit. Press it again to **STOP** operation.
9. **AUTO PROGRAM Button** 3 kinds of programs may be selected: **Whole Body, Upper Body** or **Legs**.

Assembly #1 - #4

1

Slide the unit's body into the platform,
Make sure it is straight.

2

With the unit's body in place, use the enclosed T-wrench to fasten 2 bolts on each side (total of 4.)
Fasten the bolts tightly to make sure the unit's body does not sway.

3

Push the plate's back cover onto the unit.

4

Connect the control panel and handle onto the body.Tightly fasten the 2 bolts through the contol panel into the body bar.

Assembly #5 - Disassembly #6

5

Plug the power cord into the electric socket.

NOTE: Be sure nothing is on the plate when you plug the cord into the wall socket.

6

1. **DISASSEMBLY PROCEDURE is the reverse order of the assembly procedure.**
2. **Power cable must be removed prior to disassembly.**
3. **Disassemble the unit following the assembly sequence in reverse order from #5 to #1.**

CAUTION: Nothing can be on the plate when you plug the cord into the wall socket.

DO NOT put anything (or person) on the plate before you hear the "Ringing" sound.

If you have left anything on the plate before you hear the "Ringing" sound, take the items off the plate and unplug, then re-plug the unit's power cord into the socket.

PERSONAL VH-11 Operating Instructions

1. Plug the power cord, at the rear of the unit, into the electrical outlet. The sensor of the unit is automatically initialized 5 seconds after plugging the power cord into the socket.
2. Press the "**POWER**" button on the control panel of the unit while standing on the unit with feet shoulder width apart and posture erect.
3. Press the "**MODE**" button on the control panel and choose the Auto Program Mode or the Manual Program Mode

AUTO MODE

4. After pressing the **MODE** Button, select the program you want: **Whole Body, Upper Body, or Legs.** (Initial mode is set at **Whole Body**.)
5. Press **START/STOP** Button the Start the unit.
6. Press **INTENSITY** Button to adjust intensity.
7. Time is set to 10 minutes. You can change intensity and frequency during operation.
8. Press **START/STOP** Button again to stop operation. ***ONLY step down from the platform after it stops completely.***
9. Press **POWER** Button to put unit into standby mode.

IN MANUAL MODE

4. Press **TIME** Button to turn on the remote Initial time is set to 10 minutes.
5. Press **START/STOP** Button the Start the unit.
6. Adjust **INTENSITY (L1~L5)**, and adjust **FREQUENCY (4~50Hz)** to your choice.
7. Press **START/STOP** Button again to stop operation. ***ONLY step down from the platform after it stops completely.***
8. Press **POWER** Button to put unit into standby mode.

Manual &Pre-Programmed Training Modes

SESSION INFORMATION: Do just one 10 minute session per day to start. After 7-10 days you may add another daily session as your body becomes attuned to whole body vibration. If you do add another daily session, it should be different from the session you did earlier in the day such as a Manual Mode in the morning and a Pre-Programmed Mode in the afternoon. Sessions should be 7-10 hours apart.*†

Manual Training Modes STIMULATION AREA PER FREQUENCY*†

4Hz	arms, shoulders
7Hz	hip, back, abdomen (trunk)
9Hz	hip, thigh, abdomen
11Hz	thigh (inner), prostate (male)
13Hz	whole body (vertebra), face, knees
15Hz	thigh (front), calves, knees
20Hz	whole body stimulation (stretching)
30Hz	Entire upper muscle stimulation, neuromuscular training, BMD enhancement, rehabilitation training, muscle massage, circulation massage.
40Hz	Entire upper muscle stimulation, neuromuscular training, BMD enhancement, rehabilitation training, muscle massage, circulation massage.
50Hz	Entire upper muscle stimulation, neuromuscular training, BMD enhancement, rehabilitation training, muscle massage, circulation massage.

Pre-Programmed Training Modes STIMULATION AREA PER BODY REGION

Use the **Manual Control button** to change the intensity to **L1, L2, L3, L4** and **L5.**

LOWER BODY PROGRAM:
hips, thighs, calves

Programed to apply, based on bio-electro-myographic experiments, a range of frequencies which can mostly stimulate **gluteus maximus**, **femoral muscle**, and **soleus muscle**: the mode of vibrational exercise to easily influence **hips, thighs, and calves** when standing erect.*†

UPPER BODY PROGRAM:
shoulders, arms, chest

Programed to apply, based on bio-electromyo-graphic experiments, a range of frequencies which can mostly stimulate **trapezius muscle, biceps,** and **pectoral muscle**: the mode of vibrational exercise to easily influence **shoulders, arms, and chest** when standing erect.*†

WHOLE BODY PROGRAM:
muscles of whole body

Programed to apply whole range of frequencies (4~50Hz) and **all intensity levels**(10~99) which can **stimulate most of the muscles in whole body:** the general mode of vibrational exercise you can feel and enjoy compelling rhythms of sonic wave vibrations.*†

User Cautions & Warnings*†

Sonic Life VH-11 is a leading-edge exerciser using whole body sonic wave vibrations and is a very safe product. However, users are required to obey the following safety requirements. If these requirements are not adhered to by the user, Sonic Life is not responsible for any subsequent results, injuries or damages.*†

1. **Period of Use** Excessive use can cause overload to the human body. It is recommended to use 10 minutes or less per session and 2 sessions a day once your body has become attuned *(See page 9.)*
2. **Safety for Children** The Sonic Life equipment is very safe and healthy for children with a few minor adjustments. Children's brains are in a developmental stage up to the age of 12-13 years. Therefore the session is generally kept to under 5 minutes at 50% intensity in either the Auto Mode or in the Manual Mode. Some Autistic, ASD or CP children have been comfortable with sitting on the platform for the full 10 minute session but at 10 Hz and a low frequency at or below 30%. If the child wants to get off the machine after only 3 or 4 minutes please STOP the machine completely and then remove the child. Never let a child or adult dismount from the machine while it is in operation. *See page 5 for Safety Mode Use.*†
3. **Consult with Your Doctor** in case of the following physical conditions prior to use of the Sonic Life equipment and any other whole body vibration equipment.*†

CONTRAINDICATIONS/MEDICAL/PHYSICAL CONDITIONS THAT SHOULD NOT USE WHOLE BODY VIBRATION TREATMENT*†

- **Serious Cardiovascular Disease**
- **Hip & Knee Replacements**
- **Acute Hernia, Discopthy, Sondyloysis**
- **Recent Surgical Wounds or Implants**
- **Recently Placed IUD's, Metal Pins or Plates**
- **Pregnancy**
- **Pacemaker**
- **Recent Infections**
- **Severe Migraine**
- **Acute Thrombosis**
- **Tumors**
- **Epilepsy, Seizures**
- **Severe Diabetic Complications**

The above list of contraindications is not absolute. If one of these conditions applies to you, we strongly advise that you consult with your physician before using the Sonic Life units or any whole body vibrational equipment. Research is still being conducted on the effects of whole body vibration on certain medical conditions which may reduce the above list. Practical experience indicates that there are many health conditions and concerns where it may be beneficial to integrate whole body vibration use into those individuals' treatment. In these cases, this should always be done under the supervision of a physician or trained professionals.*†

SONIC LIFE

Thank You for Purchasing a Sonic Life Whole Body Vibration Exercise Unit!

Service Department email (preferred method): support@SonicLife.com

TOLL FREE: 877-684-7245 • FAX: 541-387-4503

www.SonicLife.com

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*** Disclaimer: Sonic Life Products are not intended to diagnose, treat or cure any disease. The benefits listed in this brochure are based on independent studies, listed below, which reference years of research and those studies are independent of Sonic Life products and have not been evaluated by the FDA.**

This machine is not intended for use in the diagnosis of disease or other medical conditions, or in the cure, mitigation, treatment, or prevention of disease or other medical conditions, in man or other animals.

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Sonic Life is the U.S.A. distributor of Sonix Equipment which is manufactured in South Korea .